

Stuffed Roast

Stuffed roast is a unique specialty. Spices, onions, sauces, and mushrooms are used for stuffing ingredients. Stuffing cooks the meat faster, adds flavor, and moisture. When it is completely done, the stuffed sections fall away from each other, landing on the vegetables in the pan. Stuffed roast reminds me of life, full of simple little things we may forget are there, yet they make all the difference. It can turn into a plain meal, or day, into a tasty feast for a family. A great way to celebrate any accomplishment in our busy lives. Be aware of allergies to spices or onions.

Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge:

Honey and garlic sauce, or
Barbecue sauce

- A. Timer set to thaw meat for about 4 hours
- B. Timer set for preparation time set for 25 minutes before you plan to put the food in the oven
- C. Timer set for 2 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Long oven mitts and oven rack puller
Electric knives to slice the meat. Some stores will slice it for you before you take it home
Cut meat into bite sized before sitting down. Frozen or canned vegetables can be used

Visual Accommodations:

Roast can be sliced either in the pan, or on a plate, whichever reduces the mess
Use colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Beef
Mushrooms
Mushroom Soup (gluten)
Onions
Pepper
Spices

Meatless Preparation Avoid:**Beef****Butter****Substitute with: _____****Utensils:****Carving knife****Fork****Pot holders****Steak knife****Pan: Glass or ceramic oven safe dish with a lid, as large as the meat.****Ingredients:****Meat: A 5 pound package of:****Bottom round roast****Chuck bone pot roast****Chuck pot roast****Eye round roast****Rib roast****Ribeye roast****Round tip roast****Shoulder pot roast****Sirloin tip center roast****Tenderloin roast, or****Tri tip roast****Vegetables: Choose 2 or 3 of:****15 ounces of carrots****15 ounces of celery****15 ounces of green beans****15 ounces of mushrooms****15 ounces of onions****15 ounces of potatoes****Other ingredients:****1 tablespoon of butter****1 can of mushroom soup (gluten free)****Dash of salt****Spices to taste**

Preparation Time: 25 minutes

Preparation:

1. Slice:

Carrots

Celery

Green beans

Mushrooms

Onions

Potatoes

2. Place meat in pan.

It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with. Take a knife and punch holes periodically in the meat.

3. Add pieces of chopped onions and mushrooms into the holes.

4. Cover with a can of mushroom soup.

5. Add enough water to cover the bottom of the pan, not enough to cover the steaks.

6. Add vegetables around the meat, not on top.

7. Add a dash or 3 of salt to the pan.

8. Place pan in oven.

Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently. In a roaster, the food is placed directly in the pan that comes with it.

Cook Temperature: 350 degrees

Cook Time:

Oven: 2 to 2.5 hours

Roaster: Check the booklet that comes with it. Cook time varies based on roast weight and temperature. May be as low as one hour.

Another note: If you add vegetables in the same pan, it may take longer to cook.

Servings: Depending on post cooked weight, it should make 4 or more

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 5 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.